



# Natural-Disaster Emergency Kit

## SafeTips from the Naval Safety Center

Quick and easy summaries to find out about something new you're doing or as a refresher for something you haven't done in a while. They're a great training tool to pass around at meetings, through e-mail, or post on bulletin boards.

1. Things to eat and drink if you lose power and the streets are closed.
  - Bottled water (having a supply of water-purifying tablets is also a good idea)
  - Canned and dried food
  - A can opener
  - Vitamin pills
  - Packaged crackers, cookies and other snacks
  - Powdered or canned milk
2. First-aid material
  - Prescription refills
  - Bandages
  - Safety pins
  - Scissors and tweezers
  - Antiseptic
  - Rubbing alcohol
  - Disposable gloves
3. Other important items
  - Raincoats, ponchos and umbrellas if you have to walk or work in the rain
  - Blankets and sleeping bags if you lose heat or have to sleep somewhere else
  - Heavy-duty work gloves
  - Flashlights
  - Portable radio (weather radios are ideal)
  - Batteries
  - Toilet paper
  - Sunscreen
4. If you have to evacuate, you'll have to be ready to grab some important papers: insurance information, identification, money, and a list of names and phone numbers.
5. If you put together an emergency kit, store it in something that is easy to find and carry, such as a large, zippered bag.

[www.public.navy.mil/comnavsafecen/pages/media/index-safetips.aspx](http://www.public.navy.mil/comnavsafecen/pages/media/index-safetips.aspx)



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